

## Chronic Disease Indicators: Indicator Definition



### Fruit and vegetable consumption among youth

Category:	Physical Activity and Nutrition
Demographic Group:	Students in grades 9–12.
Numerator:	Respondents in grades 9–12 who report eating fruits and vegetables $\geq 5$ times/day during the past 7 days.
Denominator:	Respondents in grades 9–12 who report eating fruits and vegetables any number of times per day, including zero during the past seven days (excluding those who did not answer).
Measures of Frequency:	Annual prevalence with 95% confidence interval.
Time Period of Case Definition:	Daily.
Background:	In 2003, a total of 22% of students in grades 9–12 consumed $\geq 5$ fruits and vegetables/day during the past 7 days.
Significance :	Physical inactivity and unhealthy eating contribute to obesity and a number of chronic diseases, including some cancers, cardiovascular disease, and diabetes. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers. Dietary habits established during youth might extend into adulthood and affect future chronic disease risk.
Limitations of Indicator:	The indicator conveys the percentage of youth who report, on average, consuming fruits and vegetables $\geq 5$ times/day during the past seven days. It does not convey the average number of daily servings of fruits and vegetables consumed.
Data Resources:	Youth Risk Behavior Surveillance System (YRBSS). <a href="http://www.cdc.gov/yrbss">http://www.cdc.gov/yrbss</a>
Limitations of Data Resources:	As with data from all self-reported sample surveys, YRBSS data might be subject to systematic error resulting from noncoverage (e.g., no participation by certain schools), nonresponse (e.g., refusal to participate in the survey or to answer specific questions), or measurement (e.g., social desirability or recall bias).
Healthy People 2010 Objectives:	19-5: Increase the proportion of persons aged $\geq 2$ years who consume $\geq 2$ servings of fruit/day. 19-6: Increase the proportion of persons aged $\geq 2$ years who consume $\geq 3$ daily servings of vegetables, with at least one third of them being dark green or orange vegetables.